

What is *Salmonella*?

Salmonella is bacteria that can cause illness. It is a commonly found organism. Salmonella bacteria can pass from the bowel movements of people or animals to other people or foods. It is most common to poultry products, but can also be found in raw meat products.

What are the symptoms of **Salmonella infection?**

- Symptoms start 6 to 72 hours after infection (usually from 12-36 hours)
- Diarrhea
- Fever
- Abdominal cramps

How long *does it last?*

The illness lasts 1-7 days.

What is the **treatment?**

Most people need no treatment. However, in severe cases of diarrhea, hospitalization may be required.

Who gets **Salmonella?**

Anyone who eats foods contaminated with the Salmonella organism may be infected.

For more information
please call:

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A Guide to *Salmonella*

avoiding foodborne illness

Sources

Treatment

Prevention

Who is most at risk?

- Infants and children
- Elderly
- People with impaired immune systems

How do people catch Salmonella?

Salmonella bacteria live in the intestines of humans, animals, and birds. Salmonella is passed to people by eating foods that have animal manure on them. Contaminated foods look and smell normal.

Foods involved:

- Poultry
- Beef
- Milk
- Eggs
- Unwashed vegetables

People who don't wash their hands with soap after using the bathroom may also spread the bacteria.



What can someone do to prevent the illness?

While there is no vaccine to prevent salmonella, the following steps can prevent the spread of this illness:

1. Cook poultry, ground beef and eggs to correct internal temperature. This will kill the salmonella bacteria. Use a food thermometer to measure the inside (internal) temperature.

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|---------------|------------------|
| • Ground Beef | 155° F |
| • Steak | 155° F (surface) |
| • Poultry | 165° F |
| • Eggs | 145° F |

2. Do not eat or drink foods containing raw eggs or unpasteurized milk.

Remember, raw eggs may be in these foods:

- Caesar and other salad dressings
- Homemade hollandaise sauce
- Homemade ice cream
- Homemade mayonnaise
- Cookie dough
- Cake batter

3. Eggs should be well cooked.

4. Washing hands prevents the spread of this illness.

WASH HANDS WELL WITH SOAP AND WARM WATER:

- Before and during food preparation
- After using the bathroom
- After touching reptiles and birds



5. Wash surfaces before use and after contact with raw foods. Always wash and sanitize:

- cutting boards;
- knives and utensils;
- food preparation surfaces;
- dishcloths.

6. Keep raw foods separated from cooked, ready-to-eat foods.

- Place different type meats and poultry in separate containers and place them on the bottom shelf of the refrigerator.
- Don't let the juices of raw foods leak onto other foods.

By preventing "cross contamination" you will not transfer or pass harmful bacteria in the juices to other foods.

7. Use proper utensils to handle foods. Minimize hand contact with food.

8. WASH HANDS OFTEN

Salmonella is easily passed to other people and foods. You can't see, taste or smell salmonella. Cooking foods to the proper internal temperature and washing hands often prevents the spread of this illness.